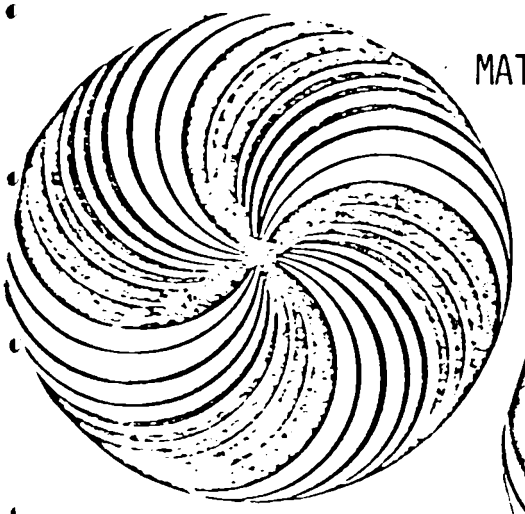
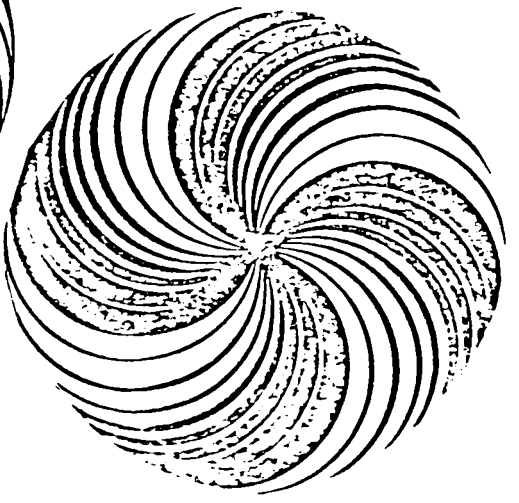
OCTOBER 1982

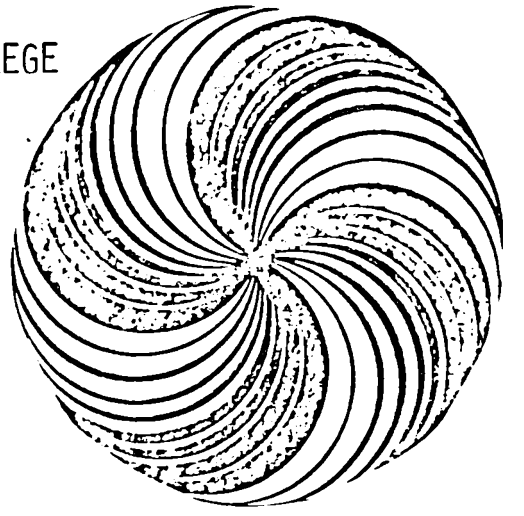
HEIDI GIETZEN
AUDRA NELSON



MATANUSKA-SUSITNA COMMUNITY COLLEGE

"MONITOR"





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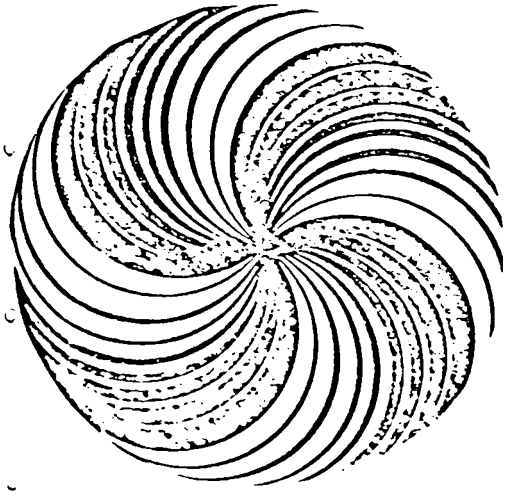

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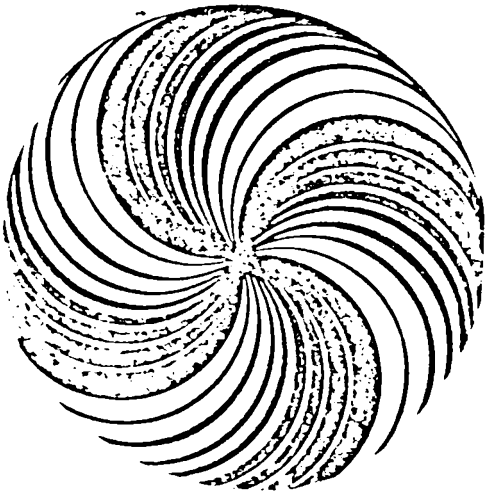

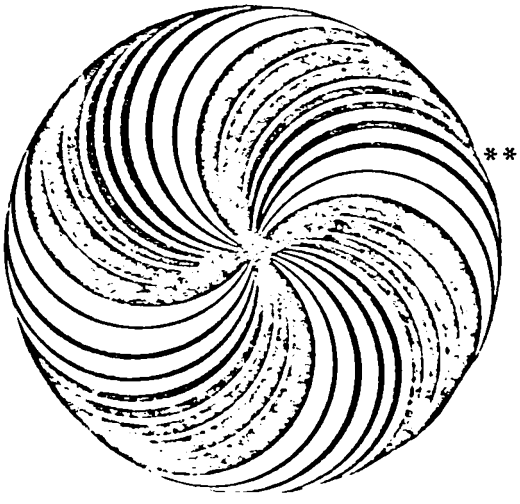

OCTOBER 1982

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A
*****MONTHLY NEWSLETTER *****
FOR
STUDENTS
BY
STUDENTS*******

EDITORIAL

"FEELINGS"

BY WOODY

FEELINGS ARE NEITHER RIGHT NOR WRONG. They just are.

We often try to justify our feelings. We are always feeling THAT -- This is an error most of us make. I FEEL followed by THAT is a judgment and not a feeling. Often when we talk about or write about our feelings, we are hiding our feelings behind our thoughts and judgments. Each time we say "why" or "because" we have to stop and remember there is no need to justify feelings because feelings just are and they are WHO WE ARE.

When we say we feel guilty, stupid, rejected or inadequate, we are not talking about feelings -- we are expressing judgments about ourselves.

Our feelings are spontaneous and we have no control over them--they are automatic responses to situations. One of the most important things about feelings is that there is no morality to feelings. Feelings are not right or wrong--they just are.

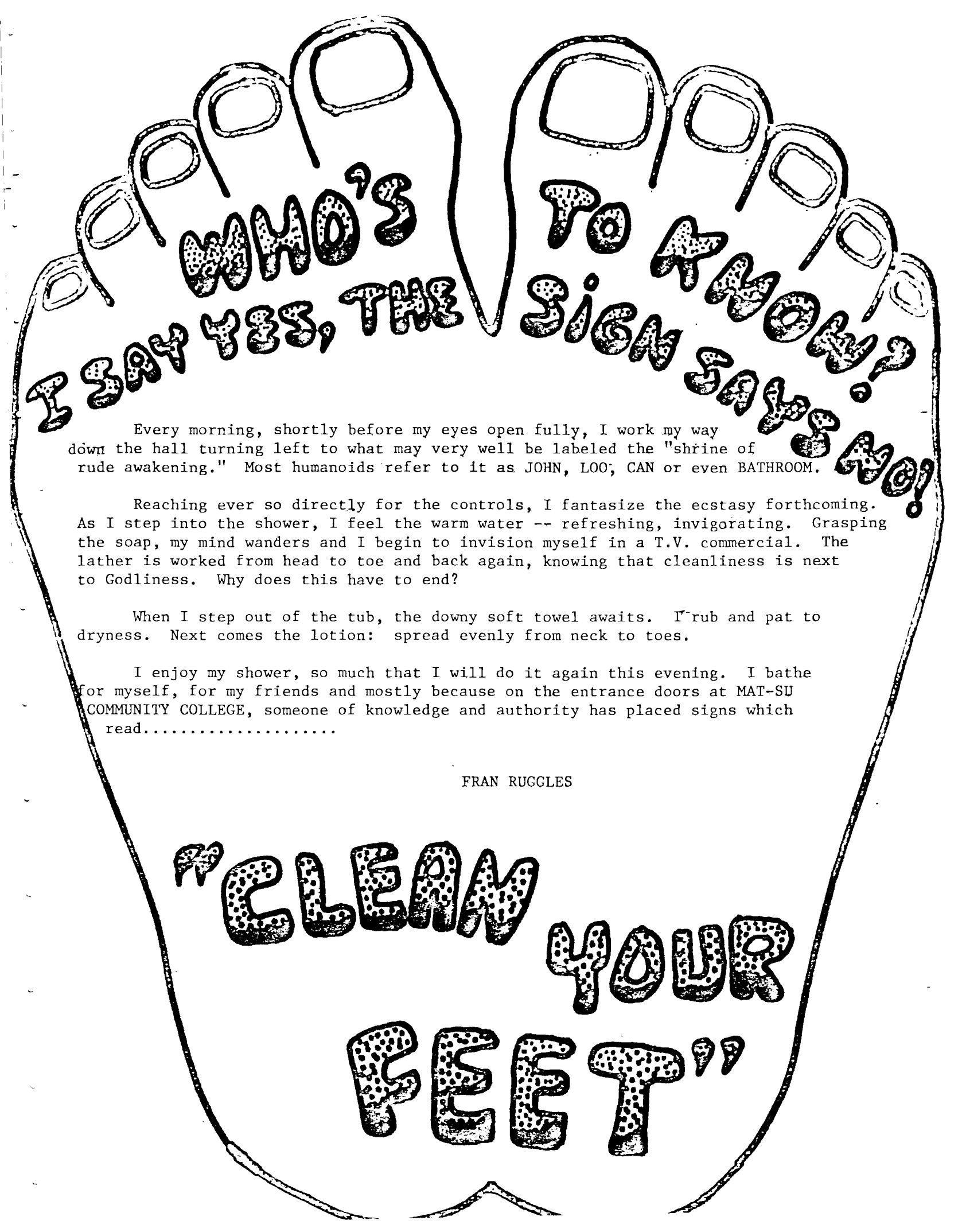
We should never quarrel with our feelings or even with others regarding feelings. We should learn to share them lovingly and honestly and the result will be a beautiful growth in our relationships.

* *

I LOVE YOU

Not only for what you are
But for what I am
When I am with you.
I love you
Not only for what you have made
of yourself
But for what you are making of me.
I love you, for the part of me
that you bring out.
I love you, for putting your hand
into my heaped up heart
And passing over all the foolish
weak things--
That you can't help dimly seeing
there.
And drawing out into the light
All the beautiful belongings
That no one else had looked
quite far enough to find.
I love you because you are helping me to make
Of the lumber of my life
Not a tavern, but a temple;
Out of my works, of my every day
Not a reproach, but a song.
I love you,
Because you have done
More than any creed could have
done
To make me feel my goodness.
You have done it,
With your touch, with your words,
With yourself.

--Roy Croft



Every morning, shortly before my eyes open fully, I work my way down the hall turning left to what may very well be labeled the "shrine of rude awakening." Most humanoids refer to it as JOHN, LOO, CAN or even BATHROOM.

Reaching ever so directly for the controls, I fantasize the ecstasy forthcoming. As I step into the shower, I feel the warm water -- refreshing, invigorating. Grasping the soap, my mind wanders and I begin to invision myself in a T.V. commercial. The lather is worked from head to toe and back again, knowing that cleanliness is next to Godliness. Why does this have to end?

When I step out of the tub, the downy soft towel awaits. I rub and pat to dryness. Next comes the lotion: spread evenly from neck to toes.

I enjoy my shower, so much that I will do it again this evening. I bathe for myself, for my friends and mostly because on the entrance doors at MAT-SU COMMUNITY COLLEGE, someone of knowledge and authority has placed signs which read.....

FRAN RUGGLES

Single Parents....Doing It Alone

Is there family life after a marriage breaks up? Men and women are discovering that a broken marriage, no matter how devastating, doesn't have to result in a broken home. It's difficult but not impossible to renew a sense of family after one parent is gone.

Divorced people feel segregated from the friends which were once shared with a spouse; they feel alone at a time when they should have the support of others who care; they need to be part of an extended family so that they can feel they are "normal." Single parent families don't thrive well in solitude.

Single parent families often have some very unhappy experiences in their backgrounds. The stressful situation often hampers our ability to function but it's important to create happy times together, to work out new ways of living together and to continue to be a family.

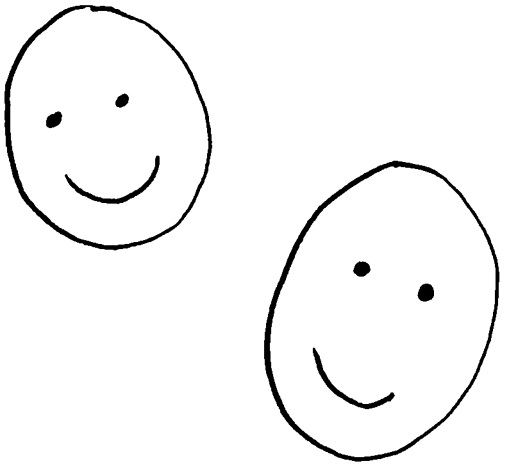
Close friends are another sort of the extended family. I have made many friends at a single parent support group that meets here at the college on Tuesday evenings at 7 p.m. The warmth and caring of friends is important to me. The support group helps in this and in many other ways.

Everything has a beginning, a middle and an end. It's not possible to say that one is more important than either of the others but it is true that how we begin a situation will go a long way toward determining what the outcome is going to be. When you know that you have a place to go to where there is help; when you know that you can call someone when the little annoyances become mountainous; when you know that there are others who are going through similar transistions, you have found a place for your new beginnings.....

Rae

* *

WE'RE GONNA MAKE IT



I was hurt
and angry
You were hurt
and angry too

We cried
We laughed
We shouted
We discussed

We continue to be
a family
Just the two
of us

It's difficult
to work
around troubles
to stay intact

To take
pleasure
in the good times
to find our way back

In the warmth
of caring friends
new memories
will be made

We're finding
new beginnings
a new road
will be paved.....

Rae & Andra Nelson

PAR-CI, PAR-LA · SUCESOS
WHAT'S HAPPENING

ELECTION RESULTS

PRESIDENT - Bob Boyd
V.P. Linda Gohl

REPRESENTATIVES:

Dawn Erdman
Cindy Sims
Rhonda Moreland
Rocky Moreland
Rae Nelson

INCUMBENTS:

Ron Sopko, Treasurer
Marilyn Mitchell, Secty.
Bob Connelly-Conover, Rep.

FOCUS

Once upon a time, the animals decided they must do something heroic to meet the problems of the "new world", so they organized a school. They adopted an activity curriculum consisting of running, climbing, swimming, and flying and to make it easier to administer, all the animals took the same subjects.

The duck was excellent in swimming, better in fact than his instructor, and made passing grades in flying, but he was very poor in running. Since he was slow in running, he had to stay after school and also considered dropping swimming to practice running. This was kept up until his web feet were badly worn and he was only average in swimming. But average was acceptable in school, so nobody worried about that except the duck.

The Rabbit started at the top of the class in running, but had a nervous breakdown because of so much makeup work in swimming.

The squirrel was excellent in climbing until he developed frustration in the flying class where his teacher made him start from the ground up instead of from the treetop down. He also developed charlie-horses from over-exertion and then got a "C" in climbing and a "D" in running.

The eagle was a problem child and was disciplined severely. In the climbing class he beat all the others to the top of the trees, but insisted on using his own way to get there.

At the end of the year, an abnormal eel that could swim exceedingly well, and also run, climb and fly a little had the highest average and was valedictorian.

The prairie dogs stayed out of school and fought the tax levy because the administration would not add digging and burrowing to the curriculum. They apprenticed their child to a badger and later joined the groundhogs and gophers to start a successful private school.

SUPERINTENDENT OF CINCINNATI SCHOOLS
Dr. G. H. Reavis

JUST ASK

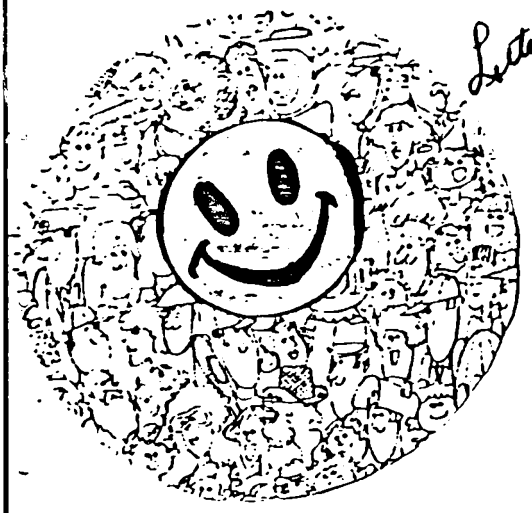
Rae Nelson

HELP WANTED

STUDENTS ARE DESPERATELY NEEDED TO WORK ON THE SCHOOL NEWSLETTER. THE EXPERIENCE IS GREAT, WORKING CONDITIONS FABULOUS, AND NO PREVIOUS NEWSWORK IS NECESSARY -- JUST A WILLINGNESS TO HELP MAKE OUR NEWSLETTER BIGGER AND BETTER.

See Rae (at registration)

Lazarus Says:
"You can have peace ■
or you can have freedom ◆
Don't ever count on having both ■
at once...."



Letters to the Editor ???

LIGHT OF MY LIFE

Your name is 'Ecstasy'. My hand trembles with anticipation as I write this supplication. I count the tortuous passing of time until our next meeting with the pounding of my heart. My lips still tingle with the fire of your last kiss. My fingers burn with the desire to caress your velvet ears.

Each breath struggles to call out your name. My entire body is like an ignited rocket streaking skyward in an ever increasing crescendo of desire coming closer and closer to the moment I will consume you in a Galactic explosion of unbounded passion. Our bodies will be overwhelmed with the scorching touches of love.

We shall soar through the universe, propelled by the cravings of the ages. We shall leap from star to star and float in the cosmic pools. Each pore of my body bleeds with the agony of your absence. I plead with you; wait no longer. Bring your exquisite pleasures and come to me. Ride the chariot of Eros and come crashing into my embrace. NOW---NOW---NOW---

signed,

You Know Who

WIT FROM THE KING OF PUNS--RON WENDT

JUDO - "THAT CAN REALLY THROW YOU FOR A LOOP"

NAMING CHINESE CHILDREN:

MOTHER THROWS A PAN AGAINST THE WALL AND NAMES THE CHILD AFTER THE SOUND, "CHING CHANG PUNG"

HORSES - WHEN YOU GET TO THE "MANE" POINT YOU GET "SADDLED" DOWN.

"A HAPPY HOME RECIPE" FROM RAE'S COLLECTION OF TRIVIA

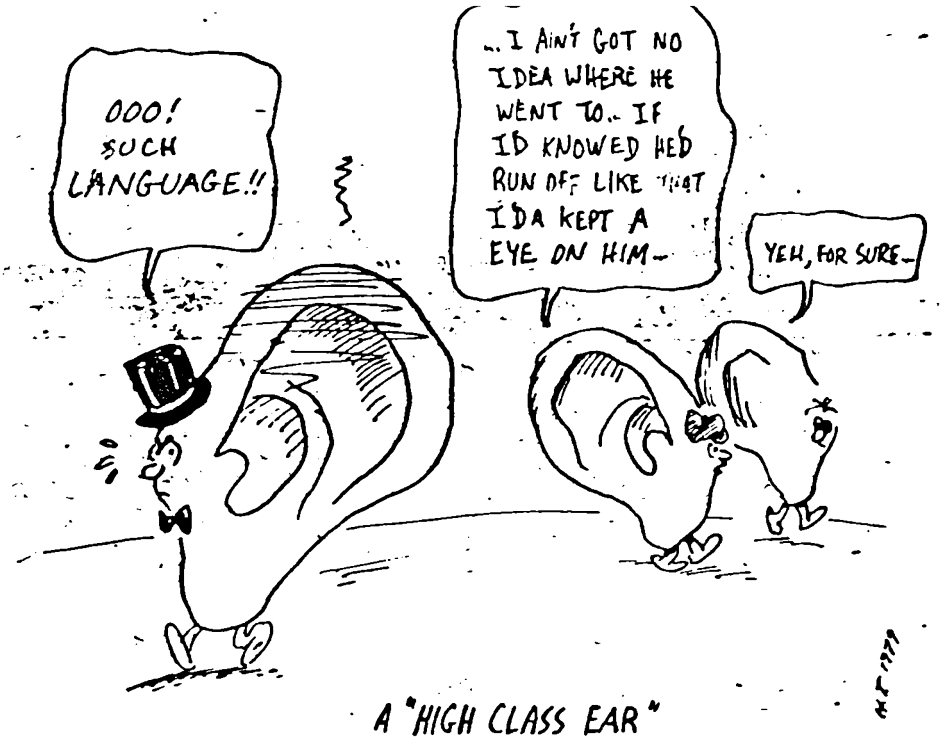
4 CUPS OF LOVE	5 SPOONS OF HOPE
2 CUPS OF LOYALTY	2 SPOONS OF TENDERNESS
3 CUPS OF FORGIVENESS	4 QUARTS OF FAITH
1 CUP OF FRIENDSHIP	1 BARREL OF LAUGHTER

Take love and loyalty, mix it thoroughly with faith.

Blend it with tenderness, kindness and understanding.

Add friendship and hope, sprinkle abundantly with laughter.

BAKE IT WITH SUNSHINE.....SERVE DAILY WITH GENEROUS HELPINGS.



A "HIGH CLASS EAR"

FRACTURED PHRASES FORM STRANGE CLAIMS

YELLOW JONDERS, A TUBE IN ALYGATION AND A TONSESTOMY ARE NOT RARE TROPICAL DISEASES OR NEW SURGICAL PROCEDURES, BUT COMMON ALIMENTS WITH UNCOMMON SPELLINGS WHICH HAVE POPPED UP NOW AND AGAIN ON PRUDENTIAL INSURANCE CO.'S HEALTH INSURANCE CLAIM FORMS.

WHILE NO ONE WANTS TO POKE FUN AT POOR HEALTH, MISSPELLINGS OF ILLNESSES AND OPERATIONS CAN BE INTERESTING AND FREQUENTLY TAX ONE'S INGENUITY TO FIGURE OUT EXACTLY WHAT AILMENT IS BEING DESCRIBED.

HAVE YOU EVER HEARD OF A "DEFLECTIVE NASIL SEPTOM?" OR A DAMAGED "KNOSE?" OR JUST A PLAIN, OLD CASE OF "VERY COURSE VEINS?"

SURGERY HAS BEEN PERFORMED TO REMOVE "PLOPS," "HEMROOKS," "MOLDS," A "SIS," AND ONE POOR SOUL WENT UNDER THE SURGEON'S KNIFE TO HAVE A "NOODLE" REMOVED FROM HIS ARM.

THESE ARE THE MOST COMMON MISSPELLED ILLNESSES--"KNEUMONIA, PNAUMONIE, AMIMONIA, PHEMONOIA, PMONIA AND PHNEWMONIA. DETERMINING THE NATURE OF OF MANY FEMALE PROBLEMS CAN ALSO BE A CHALLENGE. WOMEN HAVE GOTTEN "PREGNATE," "PRAGNETNT," AND "PREGNIT." ONE WOMAN HAD A "MISCONCEPTION" AND ANOTHER HAD DIFFICULTY WITH "FLOBIAN TUBS." HYSTERECTOMY, BY FAR, HAS BEEN THE MOST FREQUENTLY MISSPELLED-"LYSTREOETOMY, HISTAREOTOMY, HYSTERICTOMY, HYSTROMECTOMY AND HISTARECKTOMEY." A CLAIM WAS EVEN FILED FOR A "HYSTARECTOMY ON FRANK" WHICH WAS ALTER DETERMINED TO BE A HEMORRHOIDECTOMY ON FRANK.

"PLATTERS" AND "BLUTTERS" APPEAR TO CAUSE QUITE A FEW DIFFICULTIES AS DO "GOALSTONES" AND "ARTHURITAS." CLAIMS THAT MIGHT HAVE COME FROM BUSINESS PEOPLE READ, "FISCAL CHECKUP" "HIGH PRETENSION," AND "INFLUENCE."(INFLUENZA)

CLAIMS FOR "LIMP GLANDS," "SCHULL FRACTOR," "SOAR THROAT" "BOYLES," "A BROKEN COLOR BONE," AND A "SPRAINED SPLEEN." PEOPLE HAVE HAD "TITUS" SHOTS AND PROBLEMS WITH "TONICALS AND ADDNOISE" AS WELL AS "FALLS TEETH."

THE BLUE RIBBON WINNER FOR MISSPELLED CLAIMS CAME FROM A WOMAN WHO HAD HER ANNUAL "PABST" SMEAR.

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